



Italian-Style Chicken & Rice with Vegetables

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



25

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz chicken broth fat-free reduced-sodium canned
- 2 cups rice white instant uncooked
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 Tbsp oil
- 1 lb chicken breasts boneless skinless cut into strips
- 3 cups cut-up vegetables mixed fresh red (broccoli, carrots and peppers)

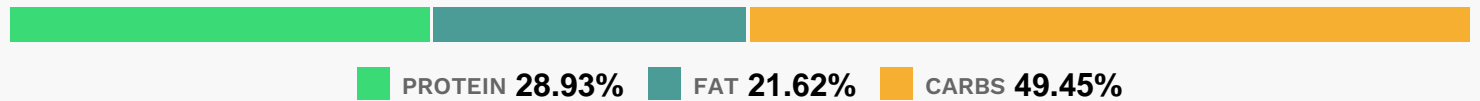
Equipment

- frying pan

Directions

- Heat oil in large skillet on medium heat.
- Add chicken; cook and stir until lightly browned, stirring occasionally.
- Add vegetables; cook and stir 3 to 5 min. or until crisp-tender. Stir in broth. Bring to boil.
- Stir in rice and dressing; cover. Reduce heat to low. Cook 5 min. or until liquid is absorbed and chicken is cooked through.

Nutrition Facts



Properties

Glycemic Index:1.8, Glycemic Load:0.93, Inflammation Score:-7, Nutrition Score:5.0178260696323%

Nutrients (% of daily need)

Calories: 72.03kcal (3.6%), Fat: 1.73g (2.66%), Saturated Fat: 0.25g (1.53%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 7.91g (2.87%), Sugar: 0.28g (0.31%), Cholesterol: 11.61mg (3.87%), Sodium: 120.27mg (5.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.43%), Vitamin A: 1115.32IU (22.31%), Vitamin B3: 2.74mg (13.7%), Selenium: 8.85µg (12.64%), Vitamin B6: 0.17mg (8.45%), Vitamin B1: 0.1mg (6.9%), Folate: 26.14µg (6.53%), Manganese: 0.13mg (6.31%), Phosphorus: 61.2mg (6.12%), Iron: 0.74mg (4.09%), Fiber: 1g (4.02%), Potassium: 122.03mg (3.49%), Vitamin B5: 0.34mg (3.43%), Vitamin C: 2.5mg (3.03%), Magnesium: 11.2mg (2.8%), Vitamin B2: 0.04mg (2.47%), Zinc: 0.31mg (2.04%), Copper: 0.04mg (2.04%), Vitamin K: 1.76µg (1.67%), Vitamin E: 0.19mg (1.24%), Vitamin B12: 0.07µg (1.13%)